



LAKE METROPARKS PIRATE

TRIATHLON / PADDLE TRIATHLON

Sunday, July 16, 2023

Fairport Harbor Lakefront Park • Race begins 8 am

Swim 500 Meters / Kayak 2 Kilometers • Bike 20 Kilometers • Run 5 Kilometers

Presented by



Ken Ganley
SUBARU WICKLIFFE

Registered by June 30:

\$30 per person / \$50 per team (2 to 3 people compete as relay)

Registered July 1 to 9 (midnight):

\$40 per person / \$60 per team (2 to 3 people compete as relay)

No registration accepted after July 9.

On-site packet pickup: Saturday, July 15, 9 am to noon in finish tent

NO SAME-DAY or ON-SITE REGISTRATION

Same-day packet/bib pickup available beginning at 7 am in beach shelter. For more information, contact Brian Davidson at 440-256-2118 x4110 or bdavidson@lakemetroparks.com.

Pre-register online at lakemetroparks.com by clicking on the race link.

(A processing fee will apply.)

No kayak rentals available.



Fairport Harbor Lakefront Park
301 Huntington Beach Dr.
Fairport Harbor, Ohio 44077



LAKEMETROPARKS.COM

PHOTOS BY AL SUSINSKAS

RACE CATEGORIES

Triathlon Age Division:

Male/Female

19 & younger*	45 – 49
20 – 24	50 – 54
25 – 29	55 – 59
30 – 34	60 – 64
35 – 39	65 – 69
40 – 44	70 & older

Kayak Triathlon Age Division:

Male/Female

19 & younger*	40 – 49
20 – 29	50 – 59
30 – 39	60 – 69
	70 & older

Triathlon Teams

Kayak Triathlon Teams

Triathlon Course

Swim 500 meters in Lake Erie. Start in water.

Depth of water approximately 6 feet. Wet suits are permitted. No flotation devices. Lifeguards are on duty. For safety reasons, tired swimmers may stop, touch bottom (if able) and resume swimming when ready.

–OR–

Kayak in Lake Erie. Start on the beach west of the swim course. Paddle north 100 meters, then east parallel to the swim course. Turn around and return to the beach at the same location they departed from. Course is approximately two kilometers.

Bike 20 kilometers (12.4 miles) out and back on route of paved roads. Start from Fairport Beach, travel east through Painesville Township and return on same roads. Bicycle helmets required! Route marked with directional arrows on roads. Local law enforcement will attempt to hold traffic at all intersections, however, racers should adhere to traffic laws and race cautiously. There are six railroad crossings; cross with caution.

Run 5 kilometers (3.1 miles) on paved roads marked with directional arrows. Run with traffic. Always look both ways when crossing intersections and making turns. Entire course is within Fairport Village limits. Traffic will be controlled at critical intersections.

AWARDS will be presented at the completion of the triathlon. Awards will be presented to the top three finishers of each race category.

RACE OFFICIALS reserve the right to change or alter the racecourse for safety purposes and to alter age categories if insufficient registration is received. Should extreme weather occur, officials reserve the right to cancel the event(s) or delay the start. Cancellations or alterations will be made at 8 am at the picnic shelter at Fairport Beach. If sufficient registration is not received by three days prior to event day, Lake Metroparks reserves the right to cancel the race.

Bike and run route maps available at lakemetroparks.com.

Other Information

NO SAME-DAY REGISTRATION. Pre-register online at lakemetroparks.com by clicking the link on the race event page. Registration closes at midnight on July 9, 2023. On-site packet pickup preferred at the finish tent on Saturday, July 15, 9 am to noon. Race day packet pickup available beginning at 7 am at shelter.

Minimum age 14 to compete. Younger than 14 must contact the race director at 440-256-2118 x4110 prior to registration and will be reviewed on a case by case basis.

Kayak Start:

Kayak triathletes and kayak teams start in one wave at 8 am.

Kayakers must bring their own equipment. PFDs must be worn at all times on the water.

All kayaks compete together regardless of boat type.

Swim Start: Triathlete wave start times:

Males ages 34 & younger	8:05 am	Females ages 34 & younger	8:25 am
Males ages 35 – 44	8:10 am	and all triathlon teams	
Males ages 45 – 54	8:15 am	Females ages 35 – 49	8:30 am
Males ages 55+	8:20 am	Females ages 50+	8:35 am

Wave starts may be modified based upon registration.

Bib Number must be worn on the front of each participant while cycling and running.

Transition Area is located in the field below the amphitheater. A limited number of bike racks are provided. Only racers will be permitted in the transition area during the race. All bikes must be walked or run into and out of the transition area.

Timing: Splits are not guaranteed. Results will be posted on lakemetroparks.com.

All Teams: Can consist of two or three people. All tags are performed inside transition area by the bike racks.

Safety Concerns:

- ANSI/Snell bicycle helmet must be worn while riding bicycle.
- Roads are active during race; they are not closed.
- No headphones permitted during any stage of the race.
- Staffed water stops provided in transition area and on running course.
- This is a people race. Please leave your pets at home.
- No glass containers permitted on the beach or parking lot.
- **Ebikes prohibited.** Due to the advantage they give the rider, no ebikes will be allowed to compete.



SPORTS HOTLINE: For up-to-date weather and race conditions, call 440-256-2118 x4178.